

Support Group Resources Provided by ISU Student Counseling Services

Eating Disorder Groups	Provided by/contact to schedule
Eating Recovery Center	https://www.eatingrecoverycenter.com/support-groups
The Eating Disorder Foundation	https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/
Morningside Chats in the Living Room	https://www.chatsinthelivingroom.com/
National Eating Disorder Association	https://www.nationaleatingdisorders.org/eating-disorders-support-groups/
National Association of Anorexia Nervosa and Associated Disorders	https://anad.org/get-help/about-our-support-groups/
The Alliance for Eating Disorders Awareness:	https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/
Eating Disorder Hope	https://www.eatingdisorderhope.com/recovery/support-groups/online
Center for Discovery	https://centerfordiscovery.com/groups/

Mental Health groups	Provided by/contact
Pathlight Behavioral Health	https://www.pathlightbh.com/support-group
NAMI	https://namicentraliowa.org/support-and-education/support-groups/nami-connection-recovery-support-group/
Alsana	https://www.alsana.com/programs/online-support-group/

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Substance Use/ behavioral addiction Support	Provided by/contact
Addictive Behaviors Skills Group Pathlight Behavioral Health	https://www.pathlightbh.com/support-group
AA meetings, Ames IA 12 step program	https://www.amesaa.org/meetings?tsml-day=any&tsml-query=ames%20ia&tsml-attendance_option=in_person
AA meetings Ames, IA- 12 step program	https://www.amesaa.org/meetings?tsml-day=any&tsml-query=ames%20ia&tsml-attendance_option=online
Narcotics Anonymous- 12 step program	https://iowa-na.org/
Gamblers Anonymous- 12 step program	http://www.gamblersanonymous.org/ga/locations
Celebrate Recovery- Christian Spirituality foundation	https://www.celebraterecovery.com/
Sexaholics Anonymous-Porn use	https://www.sa.org/
Gaming Addicts Anonymous	https://www.gamingaddictsanonymous.org/
Online Gamers Anonymous	https://www.olganon.org/home
Internet and Technology Addiction Anonymous	https://internetaddictsanonymous.org/

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	Support Group for Family & Friends
The Eating Disorder Foundation	https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/
Pathlight Behavioral Health	https://www.pathlightbh.com/support-group
Thrive Here	jacqueline.paulson@thrivehere.com .
Eating Recovery Center	https://www.eatingrecoverycenter.com/support-groups
EDCI	https://www.edciowa.com/support-groups
EQUIP Family Support Group	https://us02web.zoom.us/webinar/register/WN_5EwtWmugTrW9sBkvSm-NzA
NAMI	https://namicentraliowa.org/support-and-education/support-groups/nami-family-support-group/
Alanon	https://al-anon.org/al-anon-meetings/